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Newham in the House



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Ben Drew on cue



thenewhammag

issue 211 // 7-21 January 2011

A large crowd of people is running on a paved path in front of the Olympic Stadium in London. The stadium's iconic white structural frame is visible in the background. Many runners are wearing race bibs with numbers like 1188 and 1183.

Hit the ground running

Free places available for the Newham London Run (p10)

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the newham mag



Welcome to the first issue of the Mag for 2011. If your New Year's resolution is to get fit, make sure you apply for your free place to the Newham London Run (p10). We're making it easier for you to be more eco-friendly, with our new recycling bins (p12), and if like me you're aged 50 or over make sure you check out all the great activities at your local Winter Active Centre (p17).

Here's to 2011!

*Cllr Paul Brickell
executive member for Olympic opportunities and public affairs*

Don't forget – If you live in East Ham, Royal Docks, Forest Gate or Custom House and Canning Town community forum areas, look inside for local news and events in In Focus.

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Look out for the next issue from 21 January 2011

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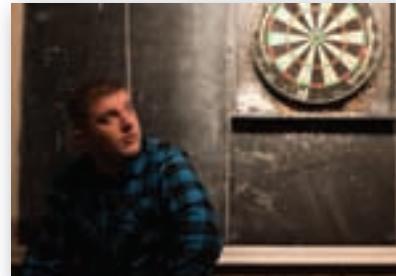
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To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

IN BRIEF //

Views wanted on housing services

If you're a social housing tenant or leaseholder in Newham, you may have received a questionnaire through your door asking for views on the services your landlord provides.

The council wants to find out what you think about your home, your landlord and your neighbourhood. In a similar survey last year people said priorities were tackling anti social behaviour and improving caretaking and cleaning.

If you have received a questionnaire, please take the time to fill it in. All the information provided is completely confidential. For more information contact Ipsos MORI on freephone 080 8238 5443.

Help for families

Newham Council's chief executive, Kim Bromley-Derry, has been asked by the Government to chair a national group of professional bodies and voluntary organisations. Kim will advise on the development of a new approach to families with multiple problems.

He said: "Helping the most disadvantaged and dysfunctional families sort out their problems benefits everyone – the family themselves, local communities and tax payers. I am sure that all local authorities will welcome any new learning which shows how this can be made a reality for more families."

YES open

Newham Council is once again looking for young people aged 16 to 18 to apply for its Youth Employment Scheme (YES).

To apply online visit www.newham.gov.uk/yes or for more information call Bena Mandalia on 020 3373 8730 or turn to page 39. **The closing date for applications is Friday 28 January.**

>>> Newham keeps on running

West Ham United stars Matthew Upson, Scott Parker and James Tomkins joined athletes from Newham and Essex Beagles to officially launch the Newham London Run 2011.

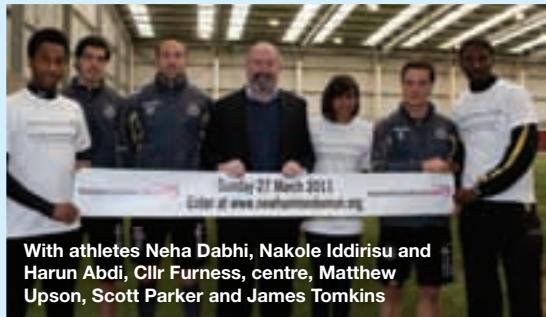
The council-run event takes place on Sunday 27 March. Runners will take in West Ham Park, The Greenway, Stratford Park and pass in front of the Olympic Stadium.

Numbers this year are expected to be in the region of 5,000. The council has made 100 free places available for residents aged 15 and over on a first come, first served basis.

Newham's executive member for health, Councillor Clive Furness, said: "Thousands of people will get the chance to see the fantastic progress in the Olympic Park.

"Encouraging people into sport is a key part of what we do here in Newham and I'd encourage residents to sign up as soon as possible."

For more details about entering the Newham London Run see pages ten and 11 or visit www.newhamlondonrun.org



Housing service announcement

Newham Council has agreed that housing services should be brought back under its direct control in order to save money and continue to deliver good housing services.

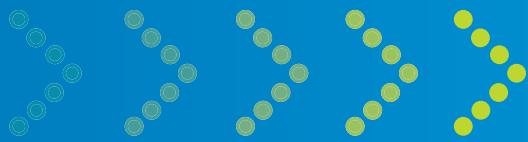
An agreement with the arm's length management organisation, Newham Homes, will come to an end from April. Consultation with tenants and leaseholders was carried out in November and 56 per cent of those consulted supported this change.

Councillor Andrew Baikie, executive member for housing, said: "It is simpler, more efficient and more effective for the housing management service to be returned to the council. Significant savings are likely to arise which can be used to fund service improvements.

"We can cut duplicate costs – and the biggest benefit for tenants and leaseholders is that customer services, neighbourhood management and community safety will be provided by one organisation."

It is business as usual in the meantime, with services to tenants and leaseholders not affected. The transition of services back to the council should be seamless.





News

Disabled residents get Right to Control

Newham has become one of the first areas in the country to pilot the way disabled people use state funding. Right to Control allows disabled residents to buy their own support services or equipment.

Disabled people can now combine money from different funding streams to be spent on whatever they think most appropriate for their needs. It will allow a more personalised service, joining up housing, employment and community care.

Minister for disabled people, Maria Miller, visited Stratford's Jobcentre Plus to mark the launch of Right to Control. She said: "This is about putting disabled people in charge of their own decision making, instead of telling them what they can and can't spend their money on."

Councillor Neil Wilson, executive member for equalities and social inclusion, accompanied her on the visit. He said: "Right to Control will improve the lives of disabled people and Newham is proud to be a trailblazer. We are committed to making individual budgets available for those eligible so that they have greater choice, control and flexibility."

Read more about Right to Control on page 18.



Sports funding plea

The Young Mayor of Newham, Ali Mohamed, has given a cautious welcome to a partial U-turn from the Government on its

decision to scrap the School Sports Partnership programme.

Ali wrote to education secretary Michael Gove urging him to reconsider a £162m cut under which funding for 450 sporting initiatives between primary, secondary and specialist schools would be cancelled.

The minister has now said that £65m will be available over the next two years to allow one PE teacher per school to be released for a day a week to boost competitive sports.

Ali said: "Although is it a step in the right direction, I don't think the Government has gone far enough. This programme has been successful in Newham and needs to grow as the 2012 Games get closer."



Boost for market redevelopment

Mayor Sir Robin Wales helped to 'break ground' on the £180m redevelopment of the Rathbone Market site in Barking Road, Canning Town.

He was joined by Sir Michael Lyons and Bob Lane, who chair the English Cities Fund and London Thames Gateway Development Corporation respectively, to mark the delivery milestone.

The first phase of the project includes 271 new homes, which will be completed by late summer 2012. The market will continue to trade during the construction. Stallholders have been relocated next to the remaining shops.

Sir Robin said: "This development represents a crucial part of the borough's physical and social regeneration."

The 680,000 sq ft market scheme is one of the first sites to be developed within a wider masterplan that sets out a vision for the regeneration of the whole area.



From left: Sir Robin, Sir Michael Lyons, Mr Lane, Cllr Conor McAuley, executive member for regeneration, and David Lunts from the Homes and Communities Agency

Protecting what matters

I would like to wish everyone a happy new year, but given all the doom and gloom following the government's spending announcement I would be a brave man to say it's going to get better in 2011.

The cuts that have been imposed on us means that we have to plan huge reductions in expenditure over the next few years. The government themselves have accepted that Newham is being hit more fiercely than better off areas of the country.

Yet thankfully in Newham we have been preparing for this for some time. Over the past two years we have focused spending on residents' priorities such as crime and anti-social behaviour, street cleanliness and unemployment, whilst freezing our Council Tax which remains the lowest in outer London. The savings we have made thus far will help protect us all, as far as is possible, from the massive cuts in central government grants.

"It means we can continue to improve and defend what residents value and what makes the most difference to all of us."

We have a good record of delivering efficiencies. Our move two years ago from 26 office locations into one will have saved us £12m per year by March as part of a £68m savings package over the past three years. The move has greatly

increased the efficiency of our work and we expect that the savings from the building will be around £24m per year by 2014.

It means we can continue to improve and defend what residents value and what makes the most difference to all of us. We will not be victims of the cuts. We will protect what matters most to us.

Instead, where it is in the best interests of residents the council will

invest – and this may mean some tough, but balanced, choices. My role is to listen and respond. You can tell me what you think our priorities should be by visiting our Newham Together sessions, which you can find out about on page 14.

We simply won't have the resources to provide everything we have in the past – but it's about more than saving money, it's about giving people real choice and control. People want a life



Mayor's view

and a chance to do things together.

Our aim is that our residents are better equipped to make the most of the opportunities coming to the borough, able to turn to each other for support and to overcome the challenges that life throws at them and together make Newham a place that people choose to live work and stay.

We will look to help those who want to better their own situation, but we will stop doing things if the evidence shows we

are not helping people.

One thing we are keen to protect as much as possible is our ability to deliver a fit and proper legacy of the Olympic and Paralympic Games. I want the Olympics to inspire people and raise their ambitions to be healthier and more prosperous.

Inevitably, however, as we have to make large scale cuts, I fear the Olympic legacy and the transformation of people's life chances in the East End may be in jeopardy.

"One thing we are keen to protect as much as possible is our ability to deliver a fit and proper legacy of the Olympic and Paralympic Games. I want the Olympics to inspire people and raise their ambitions to be healthier and more prosperous"



Hartley School



Medal behaviour at Kaizen



Cllr Rohima Rahman (r) joins staff and pupils at Shaftesbury

Carnival of delights

I'm already looking forward to the carnival on 16 July that will herald the start of the Mayor's Newham Show – and judging from the pupils I've met recently, so are they.

I've been to thank Shaftesbury, Hartley, Kaizen, Selwyn and Carpenters primary schools for taking part last year and I've heard some of the colourful ideas they have in store for this year.

The carnival procession is an important part of the Mayor's Newham Show weekend and one that as a community we can all enjoy together. It is always an exhilarating start to the show with hundreds of people in spectacular costumes dancing through the streets. I can't wait!

with Sir Robin Wales

Get £430 for your child's school with the free school meal deal

As part of the Mayor's Promise #2, all children in Newham primary schools are currently entitled to free school meals. However, the Government has brought in new funding which gives an extra £430 per pupil to schools who meet **national** criteria for entitlement to free school meals.

If you receive certain benefits, and have a child in primary or secondary school, you need to apply now to ensure your child's school receives this additional funding.

Sign up, sign up!

As a parent you need to sign up if you receive any of the these benefits:

- > Income Support
- > Income based Jobseeker's Allowance
- > Income Related Employment and Support Allowance
- > Child Tax Credit and Revenue and Customs has assessed your annual income as less than £16,190

- > Guarantee Credit element of Pension Credit
- > You are being supported under Part VI of the Immigration and Asylum Act 1999.

Children who receive a qualifying benefit in their own right are also eligible to receive free school meals.

If you receive Housing Benefit or Council Tax Benefit, but none of the above, you do not need to apply. Similarly, if you don't receive any of these benefits, you don't need to do anything.

Fill in the form

Signing up is easy. Simply fill in the

application form available at your school, visit your Local Service Centre, or call 020 8430 2000. You can also visit www.newham.gov.uk for more information.

We need to make sure our schools get all the money they are entitled to. If your child goes to any primary or secondary school in or outside Newham you need to sign up.

Make sure you complete and return your application form to your child's school or a Local Service Centre by Monday 10 January.



EAST LONDON WASTE AUTHORITY



AUDIT OF ACCOUNTS YEAR ENDED 31ST MARCH 2010

**AUDIT COMMISSION ACT 1998, SECTION 8
ACCOUNTS AND AUDIT REGULATIONS 2003**

Notice is hereby given under the above regulations that Mr Mike S Robinson of PricewaterhouseCoopers LLP, 80 Strand, London WC2R 0AF (0207 804 3687) has completed the audit of the accounts of the East London Waste Authority for the year ended 31 March 2010.

The Authority's accounts were audited in accordance with the Audit Commission Act 1998, the Audit Commission's Code of Audit Practice and International Standards on Auditing (UK & Ireland) issued by the Auditing Practices Board. The auditor issued an unqualified report on 30 September 2010.

Members of the public and local government electors have certain rights in the audit process.

The audited accounts are available for inspection by any local government elector for any area to which the accounts relate, at the offices of the Director of Finance and Resources, London Borough of Redbridge, Lynton House, 255-259 High Road, Ilford, Essex IG1 1NN (020 8554 5000), between the hours of 9.00am and 4.00pm on Monday to Friday (excluding Bank Holidays). Any such local government elector may make or request copies of the accounts.

Dated this [date of publication] 2010.

P Taylor
Managing Director
East London Waste Authority
Arden House
198 Longbridge Road,
Barking IG11 8SY

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Get on your marks for the NLR

If you need more than two hands to count the number of mince pies you ate over Christmas, now's the time to think about getting off that couch and into those trainers. Rather than going green with the cabbage soup diet, why not turn a glowing pink by working up a sweat and applying for a FREE place on the Newham London Run (NLR) 2011.

Back by popular demand, on Sunday 27 March you'll once again have the chance to jog, run or sprint the 10k route taking in the spectacular sights of Stratford's High Street, The Greenway, the Olympic Park, West Ham Park and Stratford Park. Thousands of runners took part in last year's event and this time even more competitors are expected to sign up for the challenge.

Free running

Newham Council has 100 FREE places to give away to residents aged 15 and over of all abilities. Spaces are allocated on a first come, first served basis and you can claim your free place by emailing run@newham.gov.uk with your name and address.

The closing date to request free entry is **12midnight on Sunday 30 January**.

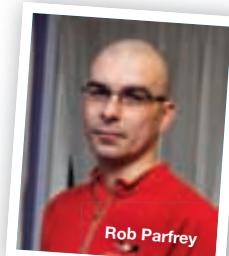
If you don't manage to get off the couch in time, you can still register by visiting www.newhamlondonrun.org and paying the £22 entry fee. The final date for paid entries is **12midnight on Sunday 6 March**.

Fitness fun

Joining a running group is a great way to get motivated and increase your fitness. Here two residents talk about taking part in Run in England (RiE) sessions which take place across the borough.

Rob Parfrey from Beckton

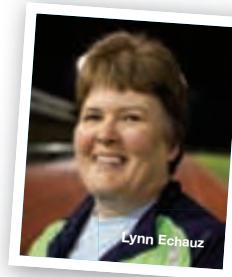
"I volunteer to lead the Run in England session on Saturdays in Wanstead Flats. I encourage all people who come to my session to sign up to the NLR. It's free and the route is perfectly accessible for beginners or those wanting to build up their confidence for longer races."



Rob Parfrey

Lynn Echauz from Stratford

"I go to the RiE sessions on Tuesdays – I didn't think I could do it but there are all different shapes, sizes and ages at the sessions and now I'm there every week, whatever the weather. Signing up for the race is great motivation and gives you something to work towards."



Lynn Echauz

Padma Sivapunniyam from Plaistow

"If anyone had told me that I would run one day I would have died laughing because that was something I never thought possible."

"I completed the NLR last year and ran 10k nonstop which was a huge achievement for me. I'm training with Bisi (pictured far right) at her sessions, she continues to be very encouraging and supportive, which spurs me on."



Padma Sivapunniyam

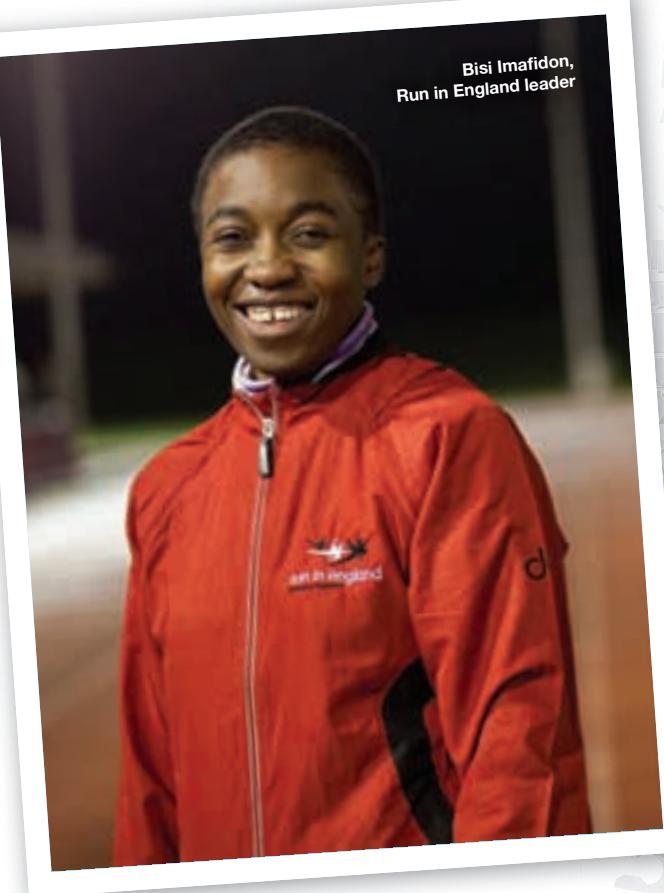
Turn to page 37 to find your nearest Run in England session.



Newham London Run 2011

Get training

Bisi Imafidon, recent winner of the Run in England: London Leader of the Year Award, leads several Run in England groups in Newham. Check out her top ten tips opposite on getting set for the Newham London Run.



Bisi Imafidon,
Run in England leader

Bisi's top ten tips

- 1) Join a running group - it makes the training more fun!
- 2) Invest in a pair of running shoes.
- 3) Dress for the weather - in winter wear layers.
- 4) Run on different surfaces.
- 5) Incorporate days of complete rest from all exercise into your running schedule.
- 6) Make sure you are well-hydrated daily and top up your fluid levels after each run.
- 7) Make your main source of energy carbohydrates like bread, cereals and pasta.
- 8) Cross train by doing other forms of exercise like cycling, swimming or yoga to further develop your cardio vascular fitness and strengthen your muscles.
- 9) Warm up and cool down after exercise to prevent injury.
- 10) Scale back your training before your 10k - this is known as tapering.

NEW BINS FOR A GREENER NEW YEAR

The turkey's been binned,
Christmas cards and
wrapping chucked and the
Christmas tree scrapped.
But as you were decluttering,
did you think twice about
where you were putting all
your rubbish or what would
be recycled? With the new
year in full swing, now's the
time to think twice about
what you're throwing away
and where it goes.

New year, new recycling bin

You told us you wanted a better recycling service – and we have listened. From 24 January to mid March, residents who have space will be receiving a new recycling bin, making recycling easier and greener as more materials can be recycled.

Using your recycling bin

Your new recycling bin will have an orange lid. Once you receive it, you can stop using orange recycling bags and use your bin for all waste that can be recycled.

All non-recyclable waste should still be put in your rubbish bin.



Use your rubbish bin for waste

Your rubbish bin should only be used for waste that cannot be recycled or composted. Cooked food, nappies, meat trays, yoghurt pots and plastic food packaging should go in here.

Boosting recycling in flats

If you don't have room for a new recycling bin, or live in a high rise flat, you should continue using orange recycling bags as normal.

Residents in flats will benefit from improved recycling facilities from April when special recycling bins will be installed in communal areas. Look out for further updates later in the year.

Collecting waste morning, noon and night

Your rubbish bin will now be collected in the morning and your recycling bin collected in the afternoon or evening on the same day. This will stop recycling material being contaminated with domestic waste.

While you wait

We're getting recycling bins to residents as quickly as we can. But until you receive your new bin please continue using your orange recycling bags. Place bags, containing recyclable waste only, **next to your rubbish bin, not inside**.

When you receive your bin, recyclable material should be placed directly into it. Do not put recyclable material into bags before placing in the bin.

You do not need to use orange recycling bags once you receive your new bin.

Do not leave extra waste at the side of either bin.

Make use of our FREE waste services

Items that cannot be recycled in the new bins can be disposed of in these ways:

- > the council collects large household items such as carpets, mattresses, fridge or freezers for **free**. Call 020 8430 2000 to book a collection
- > take glass bottles and jars to your nearest recycling bank or to Jenkins Lane Reuse and Recycling Centre (RRC), IG11. To find

your nearest recycling bank visit www.newham.gov.uk

- > we'll collect garden waste such as grass cuttings, leaves and weeds for **free**, or you can compost these. If you have a real Christmas tree contact the council who will collect and recycle it. To book a collection call 020 8430 2000.

To order a compost bin from as little as £4 call 0845 130 6090.

Never dump your rubbish on the street. Use the council's free waste services or take unwanted waste to Jenkins Lane RRC.

It's really important that your new recycling bin is only used for recyclable material. This includes:

YES please

Food and drink cans



- ✓ Food tins and cans*
- ✓ Drink cans and tins*
- ✓ Aluminium and steel cans*
- ✓ Metal lids

NO thank you

- ✗ Glass – take to your nearest recycling bank
- ✗ Aerosols and paint tins**
- ✗ Hypodermic needles or other sharp objects: dispose of in a sharps box
- ✗ All other metals**

Mixed paper and card



- ✓ Newspapers and magazines
- ✓ Brochures and leaflets
- ✓ Telephone directories
- ✓ Junk mail and envelopes
- ✓ Other white household paper
- ✓ **All cardboard** — new service

- ✗ Juice cartons**

Plastic bottles



- ✓ Plastic squash bottles*
- ✓ Fizzy drink and water bottles*
- ✓ Plastic detergent and shampoo bottles*
- ✓ Plastic milk bottles*

- ✗ Margarine tubs**
- ✗ Yoghurt pots and lids**
- ✗ Cling film**
- ✗ Plastic meat trays**
- ✗ Polystyrene**

* Please rinse and squash

** Place in rubbish bin

Facing the cuts together

Newham has been more harshly affected by the coalition government's spending review than almost any other London borough. During the next four years our funding from central government will be cut by approximately £75m, while richer areas lose far less.

Faced with these severe cuts, the council's top priority continues to be meeting residents' needs. To do this, it is essential we understand what matters to you most.

Mayor Sir Robin Wales is holding a series of Newham Together sessions where you can understand how council funding has been affected and tell him what services you value.

You can share your opinions at the following Newham Together sessions; please arrive promptly:

Saturday 22 January:

11am-12noon, Lister Room,
Newham Town Hall, Barking Road, E6

Monday 24 January:

9-10am, Forest Gate Youth Zone,
1 Woodford Road, E7
1-2pm, Canning Town Library,
Barking Road, E16
4-5pm, Globe Library,
1 Kingsford Way, E6

7-8pm, Britannia Village Hall,
65 Evelyn Road, E16

Monday 31 January:

6.30-7.30pm, Council Chamber,
Old Town Hall, Broadway, E15.

What you say will help shape our services and priorities. Last year you told us you wanted:

- > less crime and anti social behaviour
- > cleaner streets
- > more jobs .

In response, we've:

- > helped more than 5,000 people into work through Workplace since 2007
- > increased the number of officers tackling anti-social behaviour
- > taken greater enforcement action against those who fly-tip and litter.

We've worked hard to support you by freezing Council Tax and providing free school meals to all primary school children, saving families £330 a year per child.

By working in partnership with residents, we want to determine if our current priorities are still important so we can carry on meeting your needs.

Sir Robin said: "It's not fair that one of the poorest boroughs in the capital faces such deep cuts whilst other richer areas get off more lightly. That's why we will continue to lobby the government for a better deal for Newham."

Visit [www.newham.gov.uk/
newhamtogether](http://www.newham.gov.uk/newhamtogether) for more information.

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For those who want to hone their people skills, be a coach or consultant, work in HR, PR or other people related roles

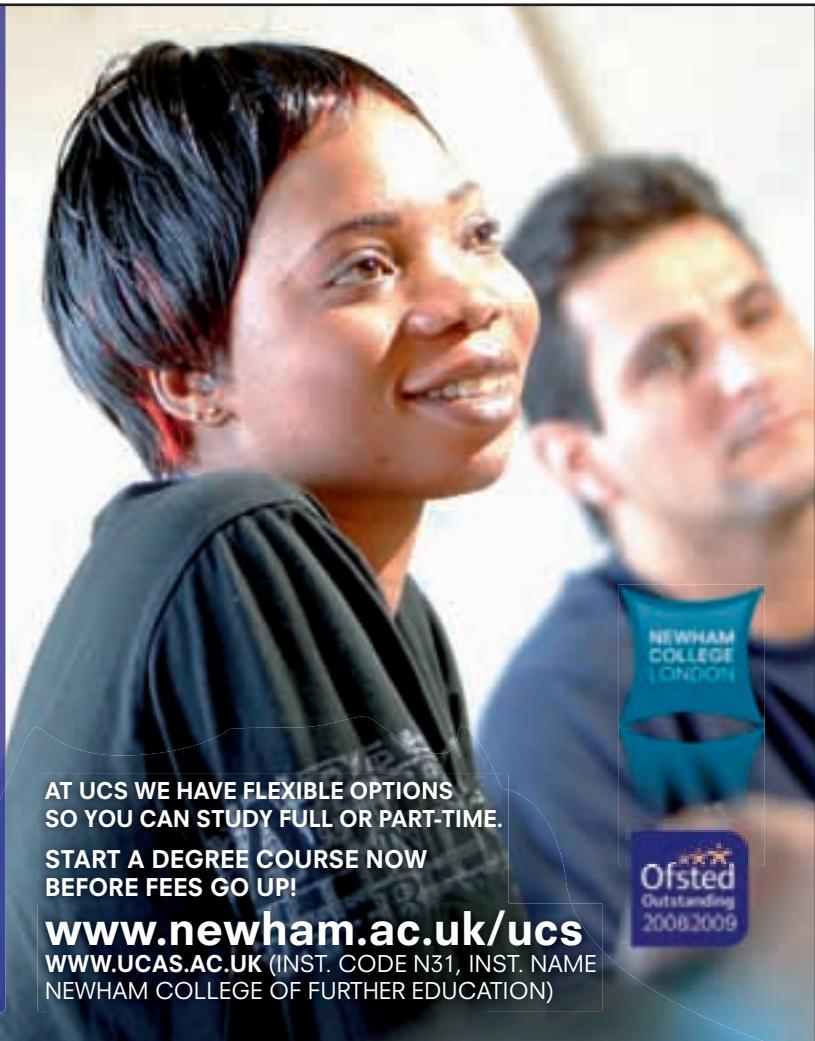
Come and see us at one of our Open Days:

Tuesday 11th January & Thursday 13th January, 2pm to 8pm

To make an appointment with the UCS team call:

020 8257 4583 or email ucs@newham.ac.uk

Drop in to see us in Room A001 at Newham College:
Stratford Campus, Welfare Road, E15 4HT





Winter Active Centres

Aged 50 or over? Come and make new friends, keep active and learn something new at Newham's Winter Active Centres.

Go along to a Winter Active Centre near you and enjoy FREE entertainment

- Disco dancing
- Dressmaking **NEW**
- New Age Kurling
- Wii League
- BIG Bingo!
- Healthy eating and nutrition **NEW**
- Planting and growing
- Flower arranging **NEW**
- Cake decorating **NEW**
- Get online! **NEW**

Don't forget you can still get free swims for over 60s at all four leisure centres in Newham.

Available to Newham residents only. For further information please call **020 3373 3298** or visit www.newham.gov.uk/activecentres

Ascension Centre

Baxter Road
Custom House E16 2PB
020 7511 1232
Tuesdays and Thursdays
10.30am - 1.30pm

Beckton Community Centre

14 East Ham Manor Way
Beckton E6 5NG
020 7511 1214
Mondays 10am - 4.30pm
Tuesdays 10.30am - 4pm
Wednesdays and Thursdays
10am - 3.30pm
Fridays 10 - 11am

Bryant Street Methodist Church

Bryant Street
Stratford E15 4RU
020 8534 0085
Tuesdays 10am - 3pm

Chandos Community Centre

Colegrave Road
Stratford E15 1DZ
020 8534 0140
Mondays 11am - 2pm
Chatsworth Community Resource Centre
4 Chatsworth Road
Stratford E15 1RE
020 8555 4477
Wednesdays 12noon - 3pm (second and fourth Wednesday of the month)
Drop-in café available weekdays
10am - 3pm

Community Road Centre

Community Road
Stratford E15 1JT
020 8534 0664
Wednesdays 12noon - 4pm

Cundy Community Centre

Hartington Road
Custom House E16 3NP
020 7474 6056
Mondays 12noon - 3.30pm
Tuesdays and Thursdays 1 - 3pm
Wednesdays 12.30 - 3.30pm
Sundays 7 - 10.30pm

Domeney Court

58 St Antony's Road
Forest Gate E7 9QW
020 8548 0685
Tuesdays 10am - 12noon
Fridays 1 - 4pm

E13 Mix

Cumberland Road, Plaistow E13 8LH
07946 038142
Wednesdays 12noon - 3pm

Field Community Centre

147 Station Road
Forest Gate E7 0AE
020 8536 2800
Tuesdays 10am - 4pm
Wednesdays 9.30am - 4pm
Fridays 10.30 - 11.15am

Granwell Community Centre

97 Whitwell Road
Plaistow E13 8DA
020 7474 5930
Thursdays 12noon - 4pm
Sundays 7 - 10pm

Grassroots

Memorial Park
West Ham E15 3DB
020 7474 6376
Tuesdays 9.30am - 12noon

Hathaway Community Centre

Hathaway Crescent
Manor Park E12 6LR
020 8548 4980
Thursdays 11.30am - 3pm

Hibiscus Community Centre

Buckingham Road
Stratford E15 1SP
020 8519 6159
Tuesdays and Thursdays
11am - 3.30pm

Hoskins Community Centre

108 Hoskins Close
Canning Town E16 3RU
020 7511 1214
Mondays 12.30 - 2.30pm

Jack Cornwell Centre

Jack Cornwell Street
Manor Park E12 5NN
020 8553 3459
Wednesdays 10am - 1pm

Jeyes Community Centre

James Close
Plaistow E13 9BB
020 8471 5856 or 020 8548 9825
Mondays 12noon - 4pm
Tuesdays 12.30 - 4.30pm
Wednesdays 1.30 - 4.30pm

Katherine Road Community Centre

254 Katherine Road
Forest Gate E7 8PN
020 8548 9825
Mondays 2 - 5pm
Tuesdays 12.30 - 4pm
Wednesdays 1 - 5pm
Thursdays 9.30am - 4pm

London Tamil Sangam

369 High Street
Manor Park E12 6PG
020 8471 7672
Tuesdays 2 - 3pm
Wednesdays 11.30am - 12.30pm
Thursdays 11am - 12noon

Malayalee Association of UK

671 Romford Road
Manor Park E12 5AD
020 8553 4667
Tuesdays 1 - 4pm
Thursdays 10am - 3pm

Newham African Caribbean Resource Centre

627-633 Barking Road
Plaistow E13 9EZ
020 8471 2258
Wednesdays and Thursdays
10am - 3pm

Plaistow Park Community Centre

63 Queens Road West
Plaistow E13 0PE
020 8552 1334
Tuesdays 1 - 4pm
Rokeby Centre
63 Rokeby Street
Stratford E15 3NS
020 8555 3125
Wednesdays 9.30 - 11.30am
Fridays 1 - 3pm

Royal Docks Learning and Activities Centre

Albert Road
North Woolwich E16 2JB
020 7476 1666
Tuesdays 10am - 12noon
Thursdays and Fridays 1 - 3pm

Sree Naryana Guru Mission

16 Barking Road
East Ham E6 3BP
020 8471 0720
Mondays and Tuesdays
10.30am - 2pm

St George's

Burford Road
East Ham E6 3NN
07957 394176
Mondays 10am - 12.30pm

St Paul's Church Centre

227 Burges Road
East Ham E6 2EU
020 8472 5531
Mondays 10am - 12noon

SubCo Trust

49 Plashet Road
Plaistow E13 0QA
020 8548 0070
Wednesdays and Thursdays
12.30 - 3pm

The Hub

123 Star Lane
Canning Town E16 4PZ
020 7473 5249
Wednesdays 10am - 12noon

The Well Community Centre

49 Vicarage Lane
East Ham E6 6DQ
020 8586 7070
Tuesdays and Wednesdays
10am - 3pm

Trinity Community Centre

Bothwell Close
Canning Town E16 1QS
020 7476 5120
Mondays, Wednesdays and Fridays
9.30am - 1pm

Trinity Community Centre

East Avenue
Manor Park E12 6SG
020 8472 8947
Monday - Friday 1.30 - 3.30pm

Upton Centre

Claude Road
Plaistow E13 0QB
020 8552 8647
Wednesdays, Thursdays and Fridays
11am - 2pm

We'll Meet Again Group

Napier Lodge, Ranelagh School
Stratford E15 3DN
020 8534 4364
Fridays 1 - 3pm

Woodman Community Centre

Woodman Street
North Woolwich E16 2NF
020 7511 1214
Wednesdays 2 - 4pm

When's your WACaday?

It's no secret that the key to youthfulness and happiness lies in being active. Socialising puts a spring in your step, allows you to meet new people and has health benefits that can make you feel better too.

If you're aged over 50, head to your nearest Winter Active Centre (WAC) and start enjoying a WACKy winter. With more than 30 WACs open on weekdays, collectively hosting more than 15 different activities, there's no excuse to stay indoors this season.

WACs are based at most community centres in the borough, so there's bound to be one near you. And you can leave your wallet or purse at home as all the activities are free.

WACs are as much about socialising as they are about getting active so pop in for a hot drink and a chat. If you're feeling energetic WACs also offer:

dance – disco and line dancing and monthly tea dances

learning – Get Online sessions, planting and growing, cake decorating, trace your family tree, dressmaking and flower arranging

enjoyment – singing, Wii computer game league and BIG Bingo

healthy living – new age

kurling, healthy eating and nutrition and aerobics

relaxation – all WACs offer free tea and coffee.

Each WAC hosts different activities on various days and times. See the list on the opposite page for information. You can just drop in or for full details of the centre's winter programme call the centre directly during the times stated.

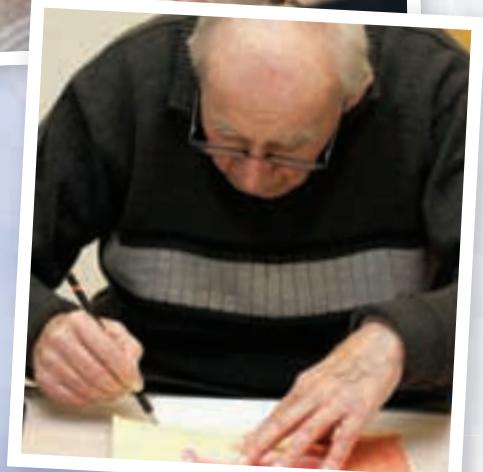
Don't forget, if you're aged over 60 you can still swim for free during selected sessions at all leisure centres in Newham. For details visit www.gll.org/centre or call into any Newham leisure centre.

Whether you want to try your hand at something new, rediscover a passion or just want to know what all the fuss is about, find out what your local WAC has to offer.

For more information on WACs call **020 3373 3298** or visit www.newham.gov.uk/activecentres

If you're a WAC regular why not bring a friend for afternoon tea on Wednesday 26 January at Beckton Community Centre, East Ham Manor Way, E6.

From 1.30-4.30pm enjoy a cuppa or try out Wii games, new age kurling, BIG Bingo and dance tasters. Everyone who brings a friend who's new to WACs receives a free raffle ticket.





Power to the people **with Right to Control**

We tend to know what's good for us and what support we need. That's why the Government is giving disabled individuals the right to make their own decisions about how money is spent on their support.

If you are disabled, you may be eligible for Right to Control (RTC), a new legal right for disabled people. You can get RTC if you receive one or more of these services:

- > **Access to Work**
- > **Community Care Services**
- > **Disabled Facilities Grant**
- > **Independent Living Fund**
- > **Supporting People**
- > **Work Choice.**

What do I have the right to do?

If you are disabled and receive any of the above services, under RTC you can use the money given to you to buy your own support. This gives you greater choice and control.

Meet Mick

Mick is a man in his forties with a physical impairment. He is a wheelchair user and employs six personal assistants throughout the month and a driver to drive his adapted vehicle.

The cost of Mick's support package is divided between different support services including Access to Work and social care services from the council.

With the introduction of RTC, Mick will benefit by receiving all of his funding on the same day which makes it easier to manage cash flow and pay tax and National Insurance. His monitoring forms will also be simpler to fill in.

Like Mick, you can choose how to spend your money, or you can decide to keep getting the same support services as you do now if you are happy with them. You can also let Newham Council or Jobcentre Plus sort out what support services you need or you can have a mix of these.

Find out more

To find out if you are eligible for Right to Control or for more information, contact the council's adult services team by calling **020 8430 2000** or emailing **CC-SD.Enquiries@newham.gov.uk**

Speaking up at the House of Lords

Students from two Newham schools swapped the chairs of their classrooms for the luxury red benches at the parliamentary House of Lords recently as they debated whether to elect, select or reject the current system of membership.

Beckton's Kingsford Community School and Forest Gate's St Angela's and St Bonaventure's Sixth Form joined more than 150 students from across the UK for the debate. Representatives from the schools each eloquently put forward their arguments for a solely elected House of Lords (Kingsford) and a combined hybrid option of 30 per cent elected and 70 per cent appointed system (St Angela's and St Bon's).

In seats usually reserved for peers who scrutinise and debate legislation from the House of Commons, teenagers discussed four options for the House of Lords as part of proposed reforms, which also included arguments for and against the abolition of the current appointed system.

The debate, chaired by Lord Speaker Baroness Helene Hayman, was the result of weeks of preparation and mentoring by Lords and Baronesses as part of the House of Lords outreach programme. This was the fourth such annual event in the House of Lords and the only time in 2010 that anyone other than peers spoke in the House.

Thought-provoking and articulate arguments were put forward to

members of the student audience by all opening and closing speakers. Retaining the current system came out top in the final vote.

Commending the debate, Lord Speaker Baroness Hayman commented: "You've done yourselves and your generation proud. I said at the beginning every event gets better and you've proved me right."

Speaking after the event Annie Teriba from Kingsford Community School, who were mentored by opposition spokesperson for Environment, Food and Rural Affairs, Baroness Quin, said: "To debate in the House was a really big honour and privilege. To know that you're sitting in the same place as some of our country's most esteemed people makes you aspire to be there and want to go for it. I think it's a very good way of inspiring young people to do more with their lives and want to go further."

The topical debate was a sign of our times with the Government's proposals for reform of the House of Lords anticipated early this year.



Kingsford kids prepare to take the floor



Adebayo Adusola opens for St Angela's and St Bon's



The savvy sixth formers from St Angela's and St Bon's



Iranga Tcheko opens for Kingsford School

Parliamentary copyright





Newham in pictures

2**3****4****5**

1 While shepherds watch their flock by day: a storyteller braves the snow in Central Park for a pre-Christmas session of tale telling, E6.

2 A player's pensive pause: taking time out at the sports and activities day for people with disabilities at Newham Leisure Centre, E13. **3** And then there was light: the Olympic stadium is illuminated for the first time in Stratford. **4** Athletes Harun, Neha and Nakole from Newham and Essex Beagles strike a pose in the run-up to the Newham London Run 2011. **5** When a spade's not a spade:

commemorative plaque breaks ground to mark the start of Rathbone Market's redevelopment, Canning Town, E16.



A man with a Plan

Ben's first album, *Who Needs Actions When You've Got Words?* was a grimy urban tale of life on the edge. It's a far cry from the soulful, cosy ballads of *The Defamation of Strickland Banks* which have earned Ben his stripes in the mainstream charts.

Ben grew up in Forest Gate's affluent Woodgrange Estate, but his single mum had to get by through renting her rooms. Ben said: "Kids in the council estates had better trainers and clothes than me. I used to be made to wear my older sister's hand-me-downs.

"I was in this weird void. At school, I got teased by council estate kids who had

Nike trainers and talked about their Sega Megadrives – which I didn't have – and these same kids would come to the house and look at it and say: 'wow, you're rich'."

Ben makes no secret about his troubled teenage years, citing, in amongst a colourful past, his time at the Pupil Referral Unit at the Turnmarsh Centre saying: "Kids like me got a lot of love and encouragement from there.

"A lot of people in the area didn't like me. I was an angry young kid. I think I got a bit of a bad rep. When you get a rep from young, it follows you, and people will blame stuff on you because it's believable."

Fast forward 15 years and Ben's illicit

days are far behind him but have certainly shaped the talented man he has become. As he was overseeing the edit of his first feature film, *III Manors*, filmed almost entirely in Newham, he spoke candidly to the *Newham Mag*.

You're a rapper, singer, actor and director, which is most important to you?

I need all of them. Without singing, I was just an ignorant white boy from a council estate, in the eyes of the public. I need the hip hop; it gives me a connection with the kids and credibility with them. I need the singing for the adults and I needed the acting so I could understand what I



Peel back the layers of the suited gent known to the world as Plan B and you're left with Ben Drew; lumberjack shirt, jeans and an East End accent which doesn't tally up with the melodic tunes which have become synonymous with this bad boy done good from Forest Gate.

wanted from an actor. If I stopped acting I'd stop learning. I'm a storyteller. In order to be the best I can be I need all these things.

What do you like most about where you grew up?

A lot of my fondest memories happened on Wanstead Flats.

I think people from Forest Gate have a certain way of thinking. I've met people I didn't know from Forest Gate and they've the same sense of humour, the same vocabulary. There's just something about that place. I'm very proud I'm from there.

Why did you want to cast a Newham actor in one of the lead roles in *III Manors*?

I care about the kids in the community, that's why when I done *III Manors* I went and casted proper kids. I casted this kid from Rokeby School, he's gonna be a star – he is a star. He's 13. It's given me a purpose. Say what you want about me but I care about people. I wanna help change kids' lives in the area. It's just a shame that there was only one vacancy in my film for one kid. I would love to have helped people more.

What advice would you have given yourself as a teenager?

Find something that you're passionate

about and be realistic about whether you can achieve it. Don't jeopardise your potential and get into a stupid fight with someone, or do anything that could go on your permanent record. Just focus on what you're passionate about. Do everything that you can to educate, inform and skill yourself within that field. Don't do it for money, fame or anything other than the fact that you love it. People are going to talk down to you 'cause of where you're from, the way you speak, and your vocabulary ain't great – don't you ever let that break you down.

Got something to
shout about? Email your
ideas to newham.mag
@newham.gov.uk

YOUR SPACE

where young people take control

NOVEL AMBITIONS

Mina Bint Muhammad, 15, from Stratford talks about the world of words and having her first book published.

"My love of reading comes from the first verse of the Qur'an. That was when I realised the power of the written as well as the spoken word. As the saying goes, the pen is mightier than the sword, and I think this holds true for all authors. Speaking of which, my favourite authors include JK Rowling, Jacqueline Wilson and Anthony Horowitz.

"I feel I've accomplished something by being a fifteen-year-old author, and I really hope that my generation of novelists will be as good as the last one"

"My book, See Red, is all about consequences. This is something that a lot of teenagers have to deal with and we often do things before thinking about them, which results in bad consequences. My main character – Jenna – only realises her actions when it's too late. Some places in Newham feature in my book such as Stratford Shopping Centre and Stratford Library. It was important to include

these locations because I love Newham for its diversity. This is portrayed in my book, such as when Jenna has an identity crisis, not knowing which racial group she fits into at school.

"I have had a lot of support from my school, Sarah Bonnell, with my book, right from the very beginning. In April – that's when my book will be published – I will be having a book launch at my school, so I'm really looking forward to that. I feel I've accomplished something by being a fifteen-year-old author, and I really hope that my generation of novelists will be as good as the last one."



Mina with her book

Mina's book See Red is published in April and will be available from all Newham libraries.



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Newham London

Newham London *Run2011*

Sunday 27 March

Sign up now for your place in the second 10k Newham London Run through Stratford High Street, The Greenway, Olympic Park, West Ham Park and Stratford Park
100 free places are up for grabs for Newham residents
Email: run@newham.gov.uk now!
Open to runners of all abilities aged 15 and over

Enter now at
www.newhamlondonrun.org

Newham

Local Housing Allowance (LHA) rates January 2011

Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 80.00
1 bedroom	£ 167.31
2 bedrooms	£ 207.69
3 bedrooms	£ 255.00
4 bedrooms	£ 300.00
5 bedrooms	£375.00

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

From 06 April 2009, the maximum LHA rate payable for new claims is for the five bedroom rate only.

How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

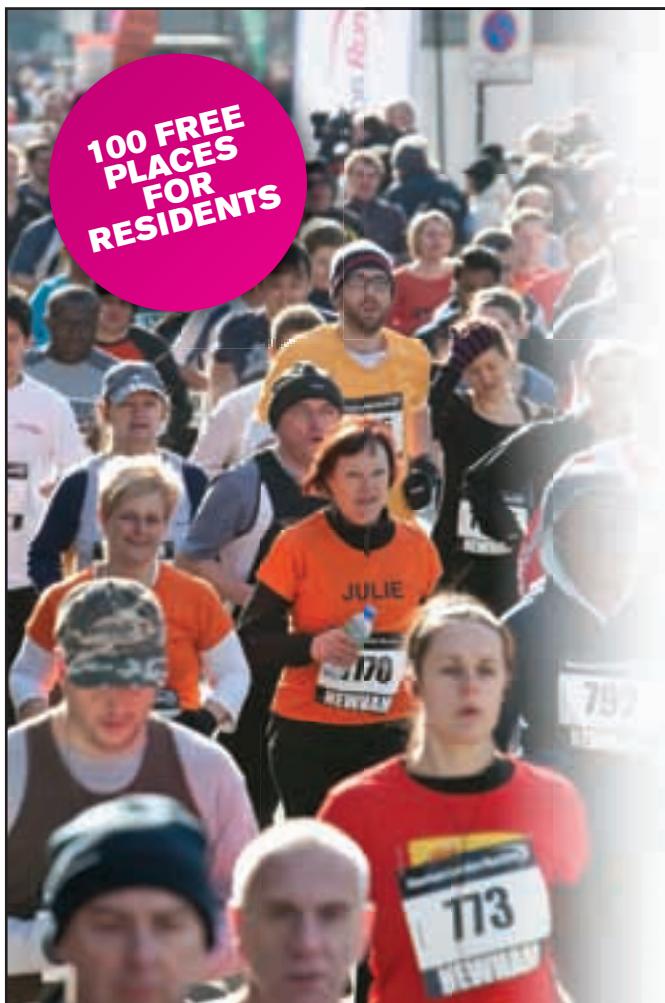
One bedroom is allowed for each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on **020 8430 2000** for further information



Eat Well at Newham

Patients coming to Newham University Hospital NHS Trust will soon be in for a tasty treat when it comes to mealtimes.



Last year, the Trust, with private sector partners, piloted a new initiative called *Eat Well*. The initiative not only gives patients more choice about what they eat, but also when they eat. The new high quality meals are more nutritional and offer greater variety to patients.

Great grub

The project has received very positive feedback from patients and patient representatives who were invited to taste the new meals. In the pilot, 100 per cent of patients rated the food and the service as either good or excellent. Patient Arvind Parmar said: "They've got varieties that

give you choice, cultural needs are met and the menu is clear."

There's a great variety of food on offer from Asian, Arabic and western halal dishes to fish, vegetarian and lighter meals. Meals come with a starter and choice of hot or cold pudding, and dishes are marked with extra information such as healthy, easy to chew and gluten free.

Due to this success, *Eat Well* will be rolled out to all patients in Newham later this year.

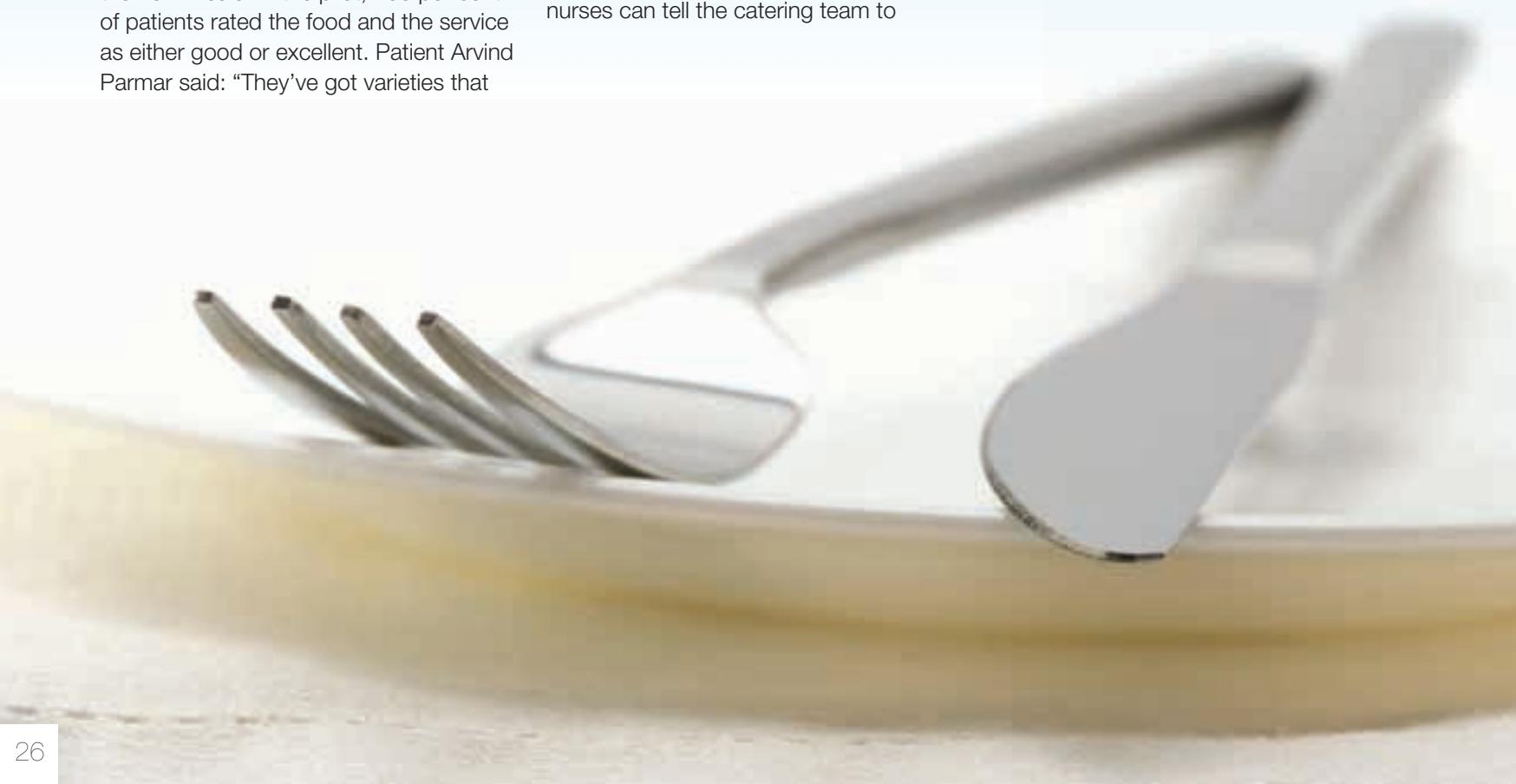
Hot stuff at tea time

The new system is based on heating meals when the patient wants to eat.

The new service runs for two hours instead of the traditional shorter service times, giving patients a bigger window to request meals. This means that every patient can have fresh hot grub when they want it.

Eat Well also allows nurses to manage patient meals more efficiently. If a patient is away from their bed, for example because they are having an X-ray, the nurses can tell the catering team to

delay that patient's food until they have returned. This ensures all patients receive a fresh hot meal.





Newham London

Starting school in Newham

Reception class places for September 2011

If your child will have their 5th birthday between 1 September 2011 and 31 August 2012 you need to apply for a reception class place now.

APPLY NOW for a reception place for September 2011 as the deadline for applications is 15 January 2011. If you miss this date you will have less chance of getting the school that you prefer.

To make sure you apply on time, **apply online**.
www.eadmissions.org.uk

You can pick up a copy of the autumn 2010 of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.



Changing the way we deliver services

Demand for adult social care in Newham is rising and this, combined with the impact of the Government's comprehensive spending review on the council's budget, means that Newham Council has to consider how it funds services for vulnerable residents.

For this reason, the council is proposing to change its charging policy for adults in receipt of non-residential care services including personal budgets.

Currently we meet the total cost or make large contributions towards most non-residential provision, such as Meals on Wheels, transport and laundry services. There is already a small charge for some services, but the proposals mean that in some cases charges will increase, or more people will have to pay for some aspects of their care. Proposed changes include a flat rate charge for some services, with others requiring a financial assessment to determine an individual's ability to pay.

Introducing a revised charging policy for adult social care is the fairest way to

ensure that the most vulnerable people can still access free care, and that those people who receive benefits to pay for their care use these funds to support their needs. At present, many users who receive welfare benefits intended to be used towards the cost of their care do not use them for this purpose.

We anticipate that only 35 per cent of the people who currently use non-residential care services will be affected by the proposed changes.

If you're an adult who receives care of any kind, or know someone who does, we need to hear from you. We also want everyone in Newham to have a chance to comment on the proposals as many residents have friends or relatives that use non-residential social care services.

People who require these services in the future will also be affected by the charging policy.

Have your say

To give us your views and take part in the survey you can:

- > **call freephone 0800 258 5506 and complete an automated survey; mobile users can call 020 7818 0485**
- > **visit www.newham.gov.uk and look for Consulting Newham – have your say on the home page of the website.**

SHISHA LOUNGES UP IN SMOKE

Ten illegal shisha lounges have been shut down by Newham Council and the police with 30 others facing the chop in a bid to crack down on anti social behaviour.

The move comes after complaints about several venues which were causing unacceptable noise and disturbance. Drugs and alcohol were also being sold in some of the premises and many were letting in underage customers.

Shisha bars, dubbed as dry nightclubs, are set up in marquees which have no planning permission and are often within unsafe or even toxic environments.

Cllr Unmesh Desai, cabinet member for crime and anti social behaviour, said: "A number of shisha 'party houses' have cropped up in the borough, operating without a licence and/or planning permission.

"It's not just the council who have these dens on their radar. The police are concerned about the anti social behaviour caused by these so called lounges and their associated criminal

activity. Working together means we can tackle the issue with greater force.

"This is not an attack on legal shisha lounges which operate within the law but a warning to those who think they can set up shop without permission – continue as you are and your business will go up in smoke."

"It's thanks to residents who report suspicious behaviour that we are able to investigate these businesses"

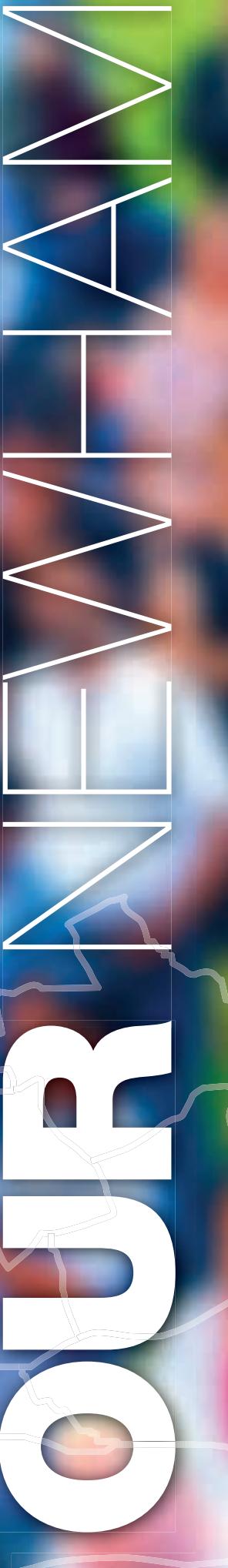
Oasis on Barking Road, E6, an illegal marquee at 619 Barking Road, E13, and a shisha lounge masquerading as an internet café at 26 West Ham Lane, E15, are three of the venues that have been closed down.

Illegal shisha lounges are not unique to Newham and during raids across

the capital shocking health risks have been discovered. These include carbon monoxide leaks within marquees which have resulted in mass hospitalisation. Tests from some illegal venues showed that various shisha flavours contained the same product as household aerosol air fresheners.

Cllr Desai added: "Many of these illegal shisha lounges are operating undercover, using legal shop façades to disguise what's going on behind closed doors. It's thanks to residents who report suspicious behaviour that we are able to investigate these businesses that flout the law – and take action to shut them down."

To report crime and anti social behaviour, including illegal shisha lounges or noise nuisance, call the free 24 hour hotline, in confidence, on 0800 731 3300.



Free equipment and clothing to help you bring up baby



The Baby Bank at Oliver Thomas Nursery School and Children's Centre, Mathews Avenue, East Ham, provides free second-hand clothing and equipment to parents of newborns up to three-year-olds.

Stocked by voluntary donations, the bank contains a range of baby necessities from prams and cots to clothing, toys and unused nappies.

The items are available to any Newham resident who is struggling to buy items of their own. To access the bank, call Kathy Holdsworth on 07944 146 359 or drop into Oliver Thomas Nursery during opening hours and ask a member of staff to view the items.

Why not donate?

The Baby Bank is always looking for donations of clothes, equipment or baby bedding that is clean, of good quality and in working order. If you would like to help someone with their tot, contact Kathy above. Similarly, if you're a shop, why not donate some end of line baby products.



Feathered friends at West Ham Park

The Friends of West Ham Park invite you to join them in a free bird spotting guided walk.

Coinciding with the RSPB Big Garden Bird Watch, on Saturday 29 January from 10.30am-12noon, bring your binoculars and open your eyes to nature.

If you can't make it to the event you can carry out the RSPB Big Garden Bird Watch from the comfort of your home. Visit www.rspb.org.uk/birdwatch for details of how you can get involved.

The event is free and everyone is welcome. West Ham Park is on Upton Lane, E7. Meet at the bandstand in the park.

For more information email parks.gardens@cityoflondon.gov.uk or call 020 8472 3584.

UP FOR THE CHALLENGE OF RETAIL

More than 180 students recently gained an insight into the business side of the shopping world at a Retail Business Taster day at St Angela's Ursuline School in Forest Gate.

Organised by Newham's 14-19 team, the event kicked off with a presentation by Westfield Stratford City and was followed by a series of workshops which focussed on different elements of retail; from branding and marketing to purchasing and sales. The workshops were run by business

leaders with support from students at Newham Sixth Form College and other sixth forms.

The afternoon saw things get fashionable as award winning designer Francis Udom of Bunmikoko showed students a range of his fashion designs and a CD of his fashion show which students then related to their morning's work and learning. The day was topped off with a live fashion show hosted by Blue Sky Media where students could ask questions from the production team.

Retail is a growing employment sector in Newham, especially with the opening of Stratford

City in September 2011. Student feedback from the Taster day was overwhelmingly positive with more than 20 per cent of attendees saying they would now seriously consider a career in the retail business sector.



Model behaviour at the live fashion show

photo courtesy of Blue Sky Media

DADI DAY CARE

If you're an expectant father who wants to know how to support your partner through the birth of your child – and become a great dad to your newborn – come along to a DADI (Dad's Are Doing It) day.

In these men only sessions, learn how to be the best dad a baby can have and how to support your partner during pregnancy, labour and after the birth with help from Newham's early childhood services midwifery team.

From bathing the baby and changing nappies to helping put baby to bed safely and helping with breastfeeding, if you're a dad, or will be soon, and want to do it the team will show you how.

DADI days are held on the last Saturday in each month, in one of Newham's Children's Centres. Sessions are free but must be booked in advance. Call Yohana on 020 3373 0286 for venue details and bookings.

The next sessions will be held from 10am-4pm on: Saturday 29 January, Saturday 26 February and Saturday 26 March.



Practising bath time

Hoop dreamers make it to Parliament

Almost 50 Newham youngsters with their eye on the ball headed to the Houses of Parliament for the NASSA Annual Achievement Award Ceremony.

NASSA (Newham All Star Sports Academy) is a Newham based basketball team that's always aiming high. NASSA's young people decided the award categories, which recognised the achievements of team members and NASSA partners.

Awards recognised players, coaches, officials and most improved primary and secondary schools.

The ceremony was opened by MP for East Ham Stephen Timms who is also a patron for NASSA.

NASSA director, Natasha Hart, said: "NASSA is special because we go beyond just focusing on sport. We focus on developing future leaders and role models by giving young people the fundamental skills that they need to succeed in their lives."

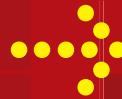
For more information about
NASSA sport sessions
visit www.nassa2012.org.uk



NASSA award winners



Kids' corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY



Lacey Williams, 4



George Lieng, 8



Karen Charles, 8



Thalia Roy, 5

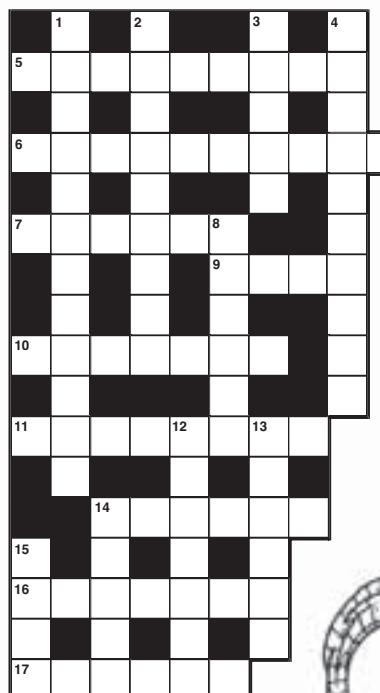
Win a fantastic prize

Get your pictures, poems and jokes in now for the chance of winning a trip to Stratford Circus, a Newham Book Shop voucher or another great prize.

The winner shown on this page wins a £10 Newham Book Shop voucher. Send your pictures, jokes and poems to Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. Get your entries in now to win a family of four ticket to see Malina's Dream at Stratford Circus on Saturday 12 February, you must be able to attend on this date. **Don't forget to write your name, age, address and contact daytime telephone number on the back of your entry - good luck!**



Colour-me-in Crossword¹



Across

5. And 10 Across. London soccer team which plays at White Hart Lane (9,7)
6. Period of 1000 years (10)
7. Sign of the zodiac involving the Twins (6)
9. Mid-day (4)
10. See 5 Across
11. Unit of computer memory equal to 1000 bytes (8)
14. Yellow, curved fruit (6)
16. Art of paper-folding (7)
17. $2 + 4 + 5 + ?$

Down

1. People use these for texting (6,6)
2. Adult male horses (9)
3. Country in the world which has most people (5)
4. These vehicles are used to take people to hospital (10)
8. Damage to the body (6)
12. Strip of material used to dress a wound (7)
13. Serena Williams plays this sport (6)
14. Woman who is about to be married (5)
15. Italy's capital city (4)

Poem

My fast car
at the middle of the night
to fight a knight
for the love of my dreams
and the dawn of the day

a roofless flight
along the motorway
yellow strobe light
and white street lines
and my fast, sweet car

do you feel alarmed
charmed
by my sweet, fast car
and stars

Stars
By Daniel Ojo, 12

WHAT'S ON?

FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

7 – 21 JANUARY

TRY SOMETHING NEW... FREE HEALTH WALKS

Burn off the chocolates and brandy butter by putting your best foot forward on a free guided walk.

Suitable for all abilities and ages (under 16s need to be accompanied by an adult) these walks take place every week and meet at the following times and places:

Mondays and Thursdays

10am, meet at Canning Town Recreation Ground, Prince Regent Lane, E16. Meet the activity team inside the ground at the outdoor gym.

Mondays and Thursdays

10am, meet at Central Park, High Street South, East Ham (Whitehorse Road entrance). Meet the activity team at the war memorial.

Saturdays

9am, Wanstead Park. Meet The Newham Striders at St Mary's Church, St Mary's Avenue, Wanstead.

For more information call 07789 500 768 or email getactive@newham.gov.uk



ALL LIBRARY LISTINGS

See Library Contacts for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling

Beckton Globe

Friday 10-11am

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham Wednesday

2-3pm

The Gate Friday

11am-12noon

Green Street Thursday

10.30-11.30am

Manor Park Thursday

10.30-11.30am

North Woolwich

Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Stratford Tuesday

11am-12noon and

Friday 2-3pm

Crafts Club

Manor Park

Tuesday 10.30-11.30am

Toy Library

Beckton Globe Monday

10am-12noon and

Thursday 1-3pm

East Ham Tuesday

10am-12noon and Thursday

10am-12noon

Imaginative Play

East Ham Friday

10.30-11.30am

Learning & Craft

Beckton Globe Tuesdays

during school term

1.30-2.30pm

ADULT READING

Adult Reading Groups

Stratford Monday 10 January 6.30 – 7.30pm

East Ham Monday 17 January 6.30-7.30pm

Read Around the World Book Group

The Gate Tuesday 18 January 6.30-8pm

Women-Only Urdu Reading Group

The Gate Tuesday 11 January 5.30-7.30pm

OTHER GROUPS

Over 50s Club

Beckton Globe Tuesday 9.45-11.45am

Click-On – computer sessions for over 50s, contact the library to book a place

East Ham Friday 10am-12noon and 2-4pm

Plaistow Friday 10am-12noon and 2-4pm

ICT Surgeries

Green Street

Tuesday, 10am-12noon

The Gate Thursday 10am-12noon

Manor Park Thursday 2-4pm

Knit & Natter – craft group for men and women of all ages and abilities

Beckton Globe Wednesday 10am-12noon

Canning Town

Friday 10am-12noon

Movie Night – free showing of the film- Toy Story 3 [cert U] with Tom Hanks and Tim Allen

Stratford Thursday 20 January 6-8pm (prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow

Thursday 4-6pm

Stratford

Monday 4-6pm

Games Clubs

– Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30 to 5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park

Monday 3.30-

5.30pm

Stratford Playerz

– Free activities for seven to 14-year-olds.

Play PS3, Xbox 360 and

Wii consoles.

Stratford

Thursday 13 January 4-6pm

Teenage Games Club

– PS2 and Xbox games, music,

board games and many more

activities for ages 12-16.

Beckton Globe

Wednesday 3-5pm

Teen Xtra Evenings

– Free activities for ages 12-21.

The Gate

Thursday 6-8pm

OTHER

Red Carpet Event

Saturday 22 January, The Gate Library - 2.30-4pm

All are invited to a glittering ceremony to mark the end of the Winter Programme. Prizes will be presented to the winners of the winter quiz, bonanza day and review competition. Local talent will also be showcased.

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853

Canning Town Barking Road, E16 4HQ. 020 3373 0854

Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341 Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Stratford 3 The Grove,

E15 1EL. 020 3373 0826

Archives and Local Studies

020 3373 6881

Community Outreach

Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

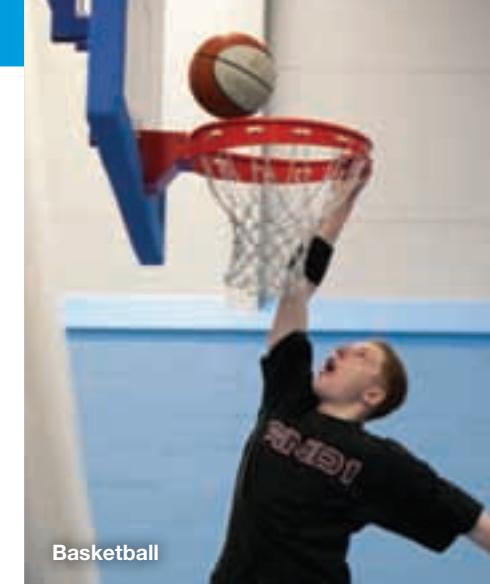
Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7



Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue, Canning Town, E16.

- Mayor's Football League, U14, U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition, 8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plashet Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-70pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 6-9pm

Priory Park MUGA, E6

Wed

- 11-18, 5-8pm

Priory Park MUGA, E6

Thurs





Cricket

- 11-18, 4-7pm
Priory Park MUGA, E6

Fri
- U14, 4-5.30pm
- Girls 11+, 5.30-7pm
West Ham Community Astro
Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7

Air Football 16+

Tues
1-3pm, Stratford Park, E15
Fri
3-5pm, Beckton Powerleague
For more info visit
www.airfootball.co.uk

Ascension Football Academy

For info call Louise on
07841 749 292.
School years R-3:
9.30-10.30am
School years 4-7:
10.45-11.45am
School years 8-11:
12noon-1.30pm
All sessions £2.50
King George V Park, E16

Football and basketball Newham All Star Sports Academy (NASSA)

- 12-16 mixed, Mon
6-7.30pm,
- 18+, 7.30-9pm, Newham
Leisure Centre, E13
- 11-16 girls, Tues,
4.30-6pm, Sarah Bonnell
School, E15
- Fri, 4.15-5.30pm 8-11 mixed
3.30-7.30pm, 12-16 mixed
Cumberland School, E13
For more information about
Newham All Star Sports
Academy (NASSA)
call Chris on 07932756197

or Natasha on 07985281581
or visit www.nassa2012.org.uk

Handball (free)

- Newham Flames, Tues
U15, 3.30-5pm
U18, 5.30-6.30pm
Newham Leisure Centre, E13
(Multi-Sports Hub)
Call Ari Bekker on
020 8430 2484

Multi sports (free)

Newham NSP
- Handball, football,
competition
5-7pm, 8-19
Wed, Stratford Park, E12
- Coaching and competition
4-5.30pm, 8-19
Fri, St John's Community
Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16
Mon, 4-5.30pm, £1
- Met Track 10-17
Fri, 4.30-6pm
- Newham and Essex Beagles
Athletics Club, 10+
Mon and Wed, 6.30-9pm;
Sun, 10am-1pm
Email jacqueline.ramsden@btinternet.com

Cricket

- Tapeball cricket league (free)
11-15, 16+, 6-9pm
Kingsford Astro Turf
- Newham Cricket Club
Monday 5-7pm
8-16, £2 per session
Flanders field,
Napier Road, E6
Visit www.newham.gov.uk
for information.

Boxing

East Ham Boleyn ABC
10- years +; boys only
- Mon, Tues, Wed, 5-6pm
*East Ham WMC, 2 Boleyn
Road, E6*

*Call Daniel Penny on
07958 124 144*

- West Ham Boys ABC
9-years +; boys and girls
Mon, Wed, Fri, 5-6pm
*The Black Lion, 59-61 High
Street, E13*

*Call Lianne Jameson on
020 8472 3614*

*- Peacock ABC 8-years +
Mon, Wed, 6-8pm
boys and girls*

Caxton Street North, E16

Call Martin Bowers on 020

7511 3799

- Newham Boys ABC
6-years +; boys only
Mon, Wed, Fri, 6-7.45pm

Old Bath House

141 Church Street, E15

Call Ravinder Atwal/Joe

Chapman 020 8519 5983

*- Fight For Peace 11 years
+; boys and girls*

(Phone for session details)

Woodman Street,

North Woolwich, E16

Call Marigold Ride

on 020 7474 0054

**Contact clubs before
visiting**

Free non-contact boxing

Non-contact boxing is the
perfect way to increase your
fitness, lose weight, build
strength and learn to defend
yourself.

Osmani Boxing Club is open
to males aged eight to 25
Fridays, 4-6pm

*Froud Centre, 1 Toronto
Avenue, E12*

*For more information call
020 7247 8080 or email
healthyfutures
@osmanitrust.org*

Free sports@Ascot Hall

*Football, girls and boys, eight-
15yrs, Sat, 10am-12pm
Street dance for girls, all ages,
Sat, 12-1pm
Non-contact boxing, eight-
12yrs, Sat, 2-3pm
All sessions are free, for info
call 020 8430 4775
Ascot Hall, Hermit Road, E16*

Newham Swords

Learn to fence with Olympic
champions; from ages four
to adult. The Hub in the grounds
of Newham Leisure Centre,
Prince Regent Lane, E13.
Tuesday 6.30-9pm
Thursday 6.30-9pm
Friday 7.30-10pm
Call Linda on 07956 618 898 or
visit www.newhamswords.co.uk

Newham Striders

Free, sociable walking group
that go striding in the local
area seven days a week. Visit
www.newham.gov.uk, email
paula.peaty@newham.gov.
uk or call 020 8430 2000 for
more information.

Universal Warriors

Kickboxing Club

**350 Katherine Road,
Forest Gate**

Mondays, U16 mixed,
6-7.30pm
Wednesdays, 16+ mixed,
7-8.30pm

Trampolining



Fridays, U16 and 16+ mixed,
6.30-8pm
Cost: U16s, £5; 16+, £7;
students with ID, £5
For more information call Don
on 07784 712 813.

Newham Shoujin Karate

Sessions for beginners:
Wednesday 4.30pm - 5.30pm
(4-15)
Thursday 7.30pm - 8.30pm
Fit2Fite (martial arts based
aerobic session for all abilities)
(16+)
Friday 6-7pm (4-15) & 7-8pm
(16+)
Sunday 10-11am (4-16+)
Sessions are held at Newham
Leisure Centre, Prince Regent
Lane and the adjacent Multi-
Sports Indoor Centre. For more
information call 07508 070 638.

Ramgarhia Badminton Club

Adults (Advanced)

Tuesdays, 7-9.30pm
Little Ilford School
Church Road
Manor Park

Juniors

Fridays, 6-7.30pm
Adults (Beginners/
Intermediate)

Fridays 7.30-9.30pm
Langdon School
Sussex Road
East Ham

For more information and
prices contact Kilmir Bahra
on 07803 834 037 or email
ramgarhia.bc@gmail.com

OPA Netball Club

Tuesdays

Under 16s: 6-7pm and over 16s
8-9pm

Matches in Essex Met League/
Three Swords League on
Saturdays
Lister Community School, St
Mary's Road, Plaistow
All levels welcome, for more
information and prices call Lesley
Jones on 07717 281 529 or
email opa_netball_club@hotmail.com

Run in England – all £2

For more details email
oimafidon@runinengland.co.uk
or call 0797 926 1647

Monday, 4-5.30pm, Newham
Leisure Centre E13, meet on
the track

Tuesday, 6-7pm, Newham
Leisure Centre E13, meet on
the track

Wednesdays:

12noon-1pm, Newham
Dockside, Dockside Road
E16, meet at reception
5.30-6.30pm, Newham
Leisure Centre E13, meet on
the track

Saturdays, all 10-11.30am:
Central Park E6, meet at the
café,

Wanstead Flats, meet at
Harrow Rd Changing Pavilion
West Ham Park E15, meet
at southgate entrance off
Portway

Sunday, 10am-12 noon,
Newham Leisure Centre E13,
meet on the track

Women United FC (16+)

Mondays (Term time only)
6.00-7.15 Kingsford School,
Kingsford Way
Call Shona Pollock on 07968
665849

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Free Flying Wheels club for
young wheelchair users aged
six to 22. With an emphasis on
wheelchair rugby and training
from professional players.

Wednesday evenings, 7-9pm
The Hartley Centre, 267 Barking
Road, East Ham, E6
Call Eda on 020 8472 0058 for
more information.

Mon, Eastlea multi-sports club
for SEN & disabled young
people, Eastlea Community
School, E16, 4-5.30pm
Fri, 4-8pm, Newham Leisure
Centre, E13, free

Multi-Activities

People with Disabilities Club,
Tues, Newham Leisure Centre,
E13, 10.30am-12.30pm

Swimming for children and young people with special needs

Newham Otters Swimming
Club, Sat, Newham Leisure
Centre E13, 4.45-5.45pm

For more information call
020 8552 3195

£5 Family Swim, Sun, Balaam
Leisure Centre, E13, 12.30-
2pm

For details call Zeenat on
07528 562 902

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre on Tuesdays from 1.30-
3.30pm. To book an induction
you must contact Zahra Mirza
on 020 7511 4477

Goalball

First Thursday of the month
at Newham Club, Brampton
Manor School from 5-7pm

B1 Football Club

Third Sunday of every month
at East Ham Leisure Centre
from 10am-12noon

For all of the following sessions
contact Zahra at GLL on 020
7511 4477.

Free Trampolining sessions

Fri, 4-8pm; Sat 12.30-2.30pm,
Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham
Leisure Centre, E13

Mixed swimming session for adults and children

Wed, 10am-12noon, East Ham
Leisure Centre, £1.15

Families dealing with Autism Swim

Wed, 4-5pm, Balaam Leisure
Centre, free.

ARTS LISTINGS

Discover

Charlie and Lola – Slightly Invisible By Lauren Child

Saturday 15 and Sunday 16
January, 11.30am & 2.30pm

Charlie and friend Marv are
in search of strange and
tricky creatures. Listen to
the fabulous new story with
Discover's Story Builders.
Ages: 2+

That's Me, Clarice Bean

By Lauren Child

Saturday 22 and Sunday 23
January, 11.30am & 2.30pm
Meet Clarice Bean's lovely but
noisy family.

Ages: 3+

Newham resident: £4, under-2s
FREE

Theatre Royal Stratford East

Red Riding Hood

Now until 22 January

Tickets: £10 – £20

Festive fun-packed
entertainment for boys and
girls of all ages with songs and
laughs a-plenty. Website www.stratfordeast.com, box office
020 8534 0310

Stratford Circus

Malina's Dream

11.30am / 3pm

Saturday 12 February 2011

A warm-hearted tale inspired
by true-life encounters
between 19th century
Scottish sailors and the Inuit
communities of the Arctic.
Breath-taking puppets
(including shadow puppetry),
live music and a specially
commissioned soundtrack
create an unforgettable
experience of magical theatre
for everyone over 4 years.

Little Red Robin Hood

Saturday 22 January, 3pm

Cost: £6 / £5.

A merry mix up in the forest
involving glove puppets, false
teeth and a frying pan. Two

classic tales are interwoven in a fast and funny family show!

Website www.stratford-circus.com, box office 0844 357 2625

Stratford Picturehouse
London short film festival
On Road: Black and Asian stories

Tuesday 11 Jan, 6.45pm

A selection of short films that highlight stories around the Black and Asian experience in the UK.

Bolshoi ballet live: Giselle

Transmitted via satellite

Sunday 23 January, 4pm

The quintessential romantic ballet, Giselle recounts the moving story of a peasant girl whose everlasting love transcends death.

NT Live: Fela!

Transmitted live via satellite

Thursday 13 January, 6.45pm

A provocative and wholly unique hybrid of dance, theatre and music, Fela! explores the world of Afrobeat legend Fela Anikulapo-Kuti. Winner of three 2010 Tony Awards.

Ride, rise, roar

Thursday 20 January, 8.45pm

This screening will be followed by a satellite Q&A with David Byrne broadcast live for the Ritzy. Website www.picturehouses.co.uk, box office 0871 902 5740

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, E6 unless specified.

Health Scrutiny Commission

Tuesday 11 January, 7pm

Children and Young People Scrutiny Commission

Tuesday 11 January, 7pm

Local Involvement Network (Link) Scrutiny Commission

Wednesday 12 January, 2pm

Governors' Forum

Wednesday 12 January, 7pm

Mayoral Proceedings

Thursday 13 January, 10am

Newham Community and Police Forum

Thursday 13 January, 6.30pm

Strategic Development

Committee

Tuesday 18 January, 7pm, Council Chamber, Old Town Hall, Broadway, E15

Crime and Disorder Scrutiny Commission

Tuesday 18 January, 7pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available at www.newham.gov.uk

The Forward Plan, also available on the Newham website, sets out all key decisions to be taken over the next four month period. The December edition of the Forward Plan was published on 16 November 2010.

MEET THE MAYOR

Mayor's Surgery

Monday 10 January

9.30-10.30am

Community Links, 105 Barking Road, E16

Tuesday 18 January

5-6pm

Newham Town Hall, Barking Road, E6

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

GET CRAFTY IN YOUR COMMUNITY!

If you like arts and crafts these new free craft sessions are for you. Led by the council, you can learn and share skills just in time to take part in upcoming community festivals.

Weekly workshops are taking place in all community forum areas starting with Beckton and East Ham. Keep an eye out for your future copy of In Focus for details of other workshops in the borough.

Cake decorating

Saturdays 29 January, 5, 12 and 19 February
Beckton Community Centre, East Ham
Manor Way, E6, 10am-1pm.
Showcase your new skills at the Spring Festival Event at St Mark's Community Centre, Tollgate Road, E6 on Saturday 26 February from 11am-3pm.

All classes are free and there's no need to book, just drop in. For more information call Ayyaz on 07769 928 049 or email ayyaz.inayat@newham.gov.uk

Batik – cloth dying technique

Saturdays, 5, 12, 19 and 26 February
The Well Community Centre, 49 Vicarage Lane, E6, 2-5pm.
Showcase your new skills at the Spring Festival Event, the venue is to be confirmed but will be taking place on Saturday 5 March from 12noon-4pm.

Saturday 22 January

9-10am

Manor Park Local Service Centre, 685-689 Romford Road, E12

Please arrive promptly at the start of surgery to be seen.

Telephone Surgery

Wednesday 12 January

9.30-10.30am

Residents can telephone 020 3373 8444 between 9.30am and 10.30am and speak directly to the Mayor.

Say YES to Newham YES.

The Scheme

The council's Youth Employment Scheme provides an excellent opportunity to develop your skills and obtain a greater chance of gaining permanent employment with Newham Council.

What WE want

Newham Council is looking for young people aged 16 to 18 on or before 25 March 2011, who live in Newham to join our Youth Employment Scheme starting in March. You do not need special skills, work experience or qualifications. But you do need to be ready and willing to:

- learn and develop your skills
- work to your full potential
- be a good team member
- deliver the best possible service to the people and communities of Newham.

What we offer YOU

Newham YES offers trainees:

- a two year training contract
- a generous training allowance (£180 per week)
- a work-based qualification, leading to an apprenticeship
- a chance to add to and develop your skills
- invaluable work experience at Newham Council.

The Opportunities

We will offer up to twelve placements in departments across the council, working towards a variety of qualifications but mainly in NVQ Level 2 Business Administration.

Disabled Applicants

We positively welcome applications from disabled people who are under-represented in all areas of the council. Support in completing applications, for disabled applicants, can be obtained from First Line Supported Employment Agency on 020 3373 3449. Please ask for Malcolm Finn. Please note that Newham Council operates a guaranteed interview scheme for all disabled applicants who meet the the minimum interview criteria.

The Next Step

To apply:

- go online to www.newham.gov.uk/yes
- contact our Recruitment Team on 020 8430 2190
(24 hr answerphone)
- or email: recruitment@newham.gov.uk



For an informal discussion about the scheme please call Bena or Ray on **020 3373 8730**. Closing date for applications: 28 January 2011.

Initial Assessments: w/c 7 February 2011.

Second Assessments:

w/c 15 February 2011.

Interviews: w/c 1 March 2011.

Please quote ref: **RS48687T**

To help you find out more about the scheme, we have arranged two support sessions:

YES Support Sessions:

Friday 14 January 2011

Time: 1-2.30pm or 2.30-4pm

Friday 21 January 2011

Time: 1-2.30pm or 2.30-4pm

If you wish to attend the briefing sessions please call 020 3373 1010 to reserve a place.

Please note: we will be responding to you via email throughout the recruitment process, so please check your emails regularly.

Regulation 29 of the Employment Equality (Age) Regulations 2006 permits positive action in circumstances (such as this scheme), as this age range is currently under-represented in the workforce.





Pregnant?

You should have your first appointment at the Maternity Booking Centre at Newham University Hospital NHS Trust before you are **12 weeks pregnant.**

To book an appointment or for support and information from our midwives call Newham Maternity Helpline 10am-8pm seven days a week. Find out more about having a baby in Newham at:
www.newhammaternity.nhs.uk